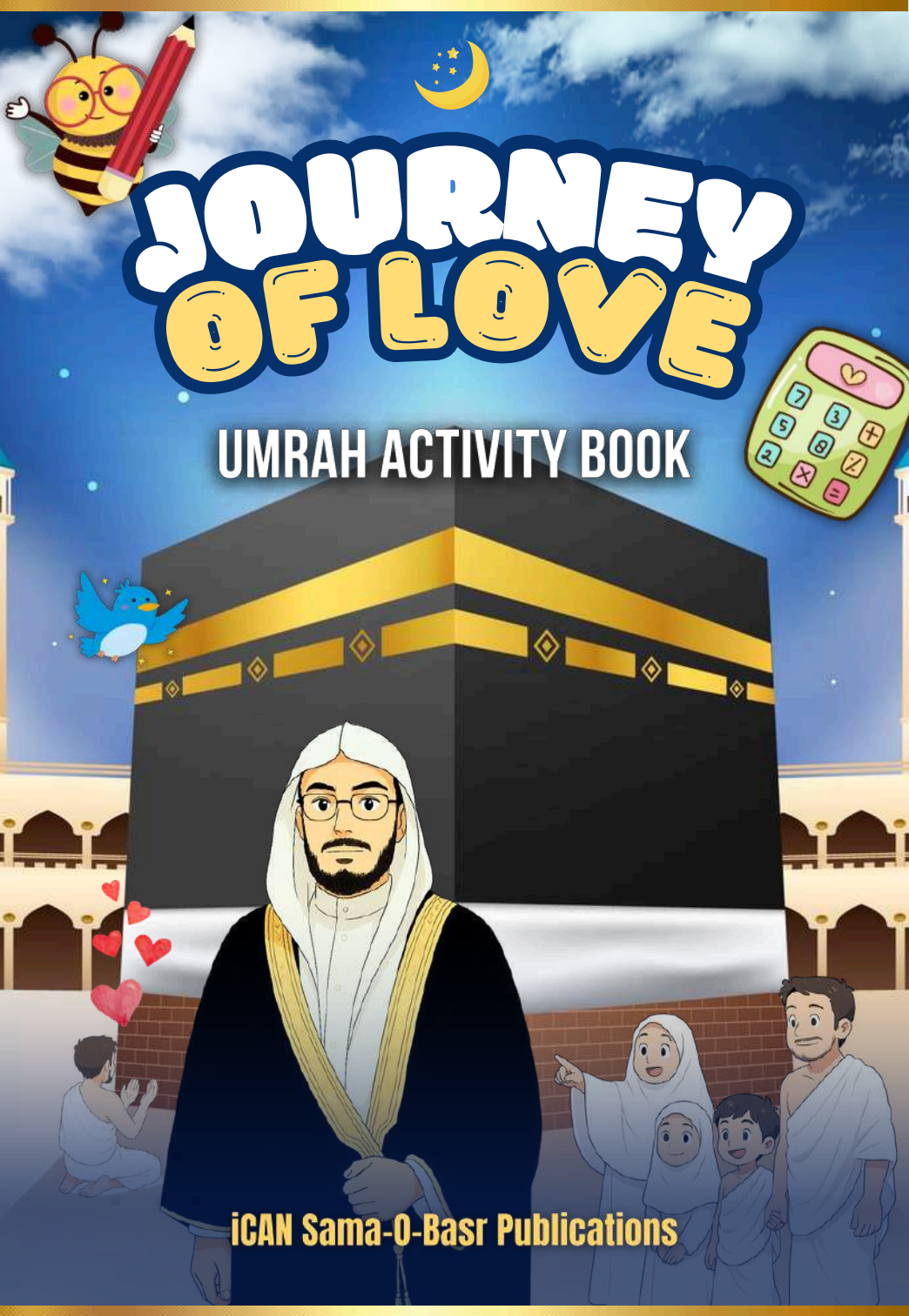

JOURNEY OF LOVE
UMRAH ACTIVITY BOOK
iCAN Sama-O-Basr Publications

بِسۡمِ ٱللَّهِ ٱلرَّحۡمَٰنِ ٱلرَّحِيمِ

Sama-O-Basr

لِوَجۡهِ ٱللَّهِ لَا نُرِيدُ مِنكُمۡ جَزَآءٗ وَلَا شُكُورًا

Only for Allah's pleasure! We neither seek reward from you nor thanks.

(Published in Apr-2025)

COPYRIGHT INFORMATION

ATTRIBUTION REQUIRED; SHARE-ALIKE

The publisher is pleased to allow this publication to be copied, printed or reproduced as per the provided CC licence. If you wish to publish it, please inform us at: info@icandawah.org

Designed by: Muhamad Nabeel Musharraf

ABOUT THIS WORKBOOK

May Allah (SWT) accept your beautiful journey of Umrah and make it a source of blessings for your family!

This workbook has been specially designed to help children capture their Umrah experience in a fun, engaging, and meaningful way. It's a mix of learning, reflection, and enjoyable activities — all to help them remember this special trip for years to come.

Dear parents, your support is key! Please guide your children through these activities, have meaningful conversations with them, and feel free to share helpful videos, stories, and resources from scholars to enrich their understanding.

Let's get started, in shaa Allah — with hearts full of love for Allah and excitement to learn!

Papa:

Good news kids. We are going for Umrah! Let's prepare!

Grandma:

Do you know the good deeds in Masjid Al-Haraam are multiplied by 100,000! You do one and you get the reward of 100,000!

WHAT GOOD DEEDS SHOULD WE DO THERE?

(Tick as you complete them)

- [ ] Do Umrah
- [ ] Pray in Harem
- [ ] Give Zam Zam to someone
- [ ] Read Quran
- [ ] Smile at someone
- [ ] Straighten someone's shoes
- [ ] Make dua
- [ ] Said salam to people

Anas and Emma:
Why do we go for Umrah, grandpa?

Grandpa:

Umrah is a way to say “I love You, Allah!” We wear simple clothes, visit the Kaabah, and remind ourselves of the sacrifices of the Prophets and their families.

WHAT ARE THE CORRECT INTENTIONS FOR UMRAH?

(Tick the ones that apply)

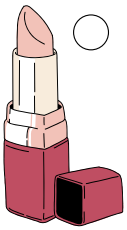
- ☐ To get ice cream 🍦
- ☐ To worship Allah 🕌
- ☐ To visit the holy land
- ☐ To please Allah SWT
- ☐ To buy toys 🧸
- ☐ To follow the Sunnah
- ☐ To play all day 🎮
- ☐ To remember Ibrahim A.S. and his family

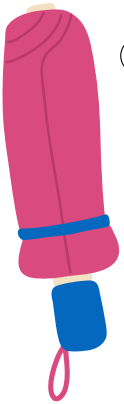
"PACK YOUR BAG FOR UMRAH!"

✈️ Let's get ready for the most special trip ever!
But... can you pack smart like a pilgrim?

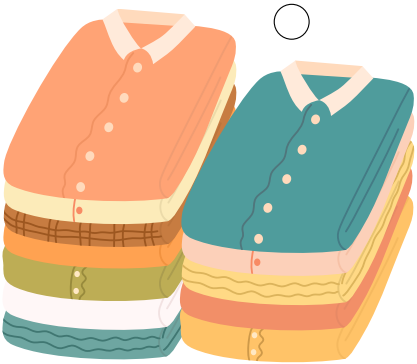
- Match the shape and color the dot for the items that should be packed.
- Color the heart red for the items in the luggage that allow you to follow the sunnah.

Miswak

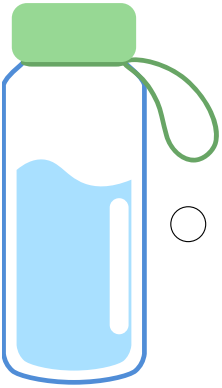




Umrella



Perfume



GRANDPA'S IMPORTANT ADVICE

My dear children! Prayer is a very important obligation upon us. Make sure you offer all your prayers. I have made a tracker for you to record your prayers. Fill it daily. Got it, honey? All the duas for you.

RECORD YOUR PRAYERS IN HAREM SHAREEF

FRIDAY					
SATURDAY					
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
MONDAY					
TUESDAY					

TIME TO TRAVEL

Recite the dua for travelling. Bismillah!

Glory be to Allah, who made this ride easy for us, because we couldn't do it by ourselves. And we will return to our Lord. O Allah, we ask You on this trip to help us be good, to fear You, and to do things that make You happy. O Allah, make this trip easy for us, and make the way feel short. O Allah, You are with us on the trip, and You are taking care of our family. O Allah, I ask You to protect me from the difficulties of traveling, seeing bad things, and coming back home to bad things with our family and things.

DRAW YOUR ROUTE FOR UMRAH

✈️ Follow the dotted line to draw your route to Saudi Arabia and write the name of your transit city.

Home Country _____

1st Stopover (if applicable) _____

2nd Stopover (if applicable) _____

3rd Stopover (if applicable) _____

Do you know

Allah SWT said to Ibrahim A.S:

"Call ˹all˺ people to the pilgrimage. They will come to you on foot and on every lean camel from every distant path"

Responding to this call, around 19,000,000 people come for Hajj and Umrah from around the world!

SUNNAHS OF TRAVELLING

💼 Let's follow the way of the Prophet PBUH in our journey towards the house of Allah!

Circle "Yay" for Sunnah and "Nay" otherwise

	Yay		Nay
Avoid traveling alone	👍	or	🤲
Complain about how long the flight is	🤦	or	🤦
Travel in a group of three or more	👍	or	🤲
Be kind to animals during travel	🤦	or	🤦
Blast music loudly	👍	or	🤲
Appoint a leader when traveling in a group	🤦	or	🤦
Argue with your sibling	👍	or	🤲
Share food and provisions with others	🤦	or	🤦
Push others in line	👍	or	🤲
Pack 5 toys you don't need	🤦	or	🤦
Help and support the weak travelers	👍	or	🤲
Skip salah because you're "on holiday"	🤦	or	🤦
Praise Allah as much as possible	👍	or	🤲
Brag about going for Umrah	🤦	or	🤦
Say Subhan Allah when descending	👍	or	🤲
Recite du'as at various stages of the journey	🤦	or	🤦
Do not scatter when camping	👍	or	🤲

Anas: Mum, I have heard that Umrah starts at Meeqat and that's from where we have to be Ihram garments. When is our plane going to stop at Meeqat?

Mama:

Oh, sorry for this sweetie, but our plane won't stop at Meeqat! I know you have become sad to hear this but this is how it works with the airplanes.

HELP YOUNG ANAS WITH WHAT CAN BE DONE IF THERE IS NO STOPPING AT MEEQAT?

- [ ] Take shower before travel
- [ ] Pray 2 rakat in air or before travel
- [ ] Make intention in the plane
- [ ] Keep wearing jeans when passing the meeqat
- [ ] Wear Ihram over normal clothing
- [ ] Take shower in airplane's toilet
- [ ] Start Talbiyyah after passing meeqat

MEEQAT
AHEAD!

YOU'RE AT THE MEEQAT!

The Meeqat is the special place where you get ready before entering Makkah for Umrah or Hajj. There are 5 Meeqats around Makkah.

At the Meeqat, pilgrims:

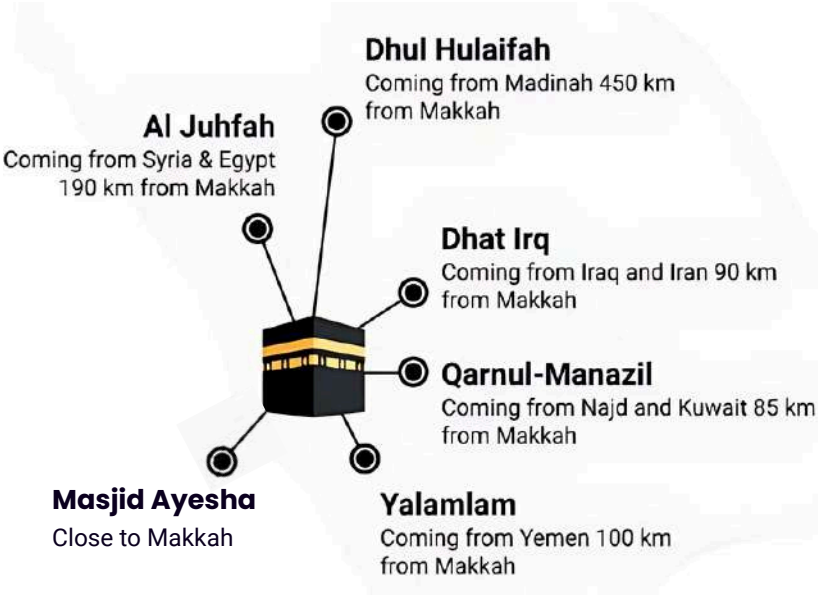
✅ Put on their Ihram (if not already wearing it)
✅ Make niyyah (intention) for Umrah
✅ Start saying the Talbiyah (Labbayk Allahumma...)

Hanzala was on his way to Umrah with his parents and they stopped at Dhul Hulaifa.

🎨 Color the chat bubbles that show the correct Meeqat actions in green! Color the incorrect ones as red.

MARK THE MEEQAT

Which of the following Meeqats have you visited by bus or car or have flown near by?



Masjid Ayesha

DD / MM/ YY

Dhul Hulaifa

DD / MM/ YY

Qarn Al-Manazil

DD / MM/ YY

Yalamlam

DD / MM/ YY

Juhfa

DD / MM/ YY

Dhat Irq

DD / MM/ YY

WHAT CAN'T YOU DO IN IHRAM

Which of the following you can or can't do in Ihram?

FACE VEIL (MEN AND WOMEN)

COVERING HEAD (FOR MEN)

SHAVING, CUTTING OR PLUCKING HAIR

EATING BIRYANI WITH SALAD AND RAITA

SITTING, LAYING DOWN OR SLEEPING

BEING INTIMATE WITH SPOUSE / MARRIAGE

WEARING STICHED GARMENTS (FOR MEN)

SMILING AND BEING CHEERFUL

APPLYING PERFUME

HUNTING

NAIL CUTTING

TAKING BATH

One of Anas's friends, Hanzala, was travelling by sea. He told him that they would be catching fish and eating them all along. Hanzala got concerned if the umrah of his friend was accepted or not. He went to the shaykh. The shaykh advised:

"During Hajj or 'Umrah, Muslims are not allowed to hunt animals that live on land, like deer or rabbits. But they are allowed to catch fish or other sea animals. Also, no one can hunt inside the holy area around Makkah, even if they're not on Hajj. That was a very good question, Anas — may Allah bless you for wanting to learn more about your religion!"

ITS TIME TO SAY TALBIYYAH

Do you know the meaning of talbiyyah?

Labbaik	Here I am to respond to you call
Allahuma Labbaik	O Allah, Here I am to respond to your call
Labbaik	Here I am to respond to you call
La Sharika Laka	You have no partner
Labbaik	Here I am to respond to you call
Inna Al-Hamda, Wa An-Nemtata Laka Wal Mulk	Indeed all the praise, blessings, and kingdom are yours
La Sharika Laka	You have no partner

MATCH THE WORDS WITH THEIR MEANINGS

Labbaik	O Allah
Allahuma	Here I am to respond to your call
Shareeq/Shariq	Sovereignty
Hamd	Praise
Mulk	Partner

How does it feel to say Labbaik and answer the call of Allah?

_____

_____

_____

FIND THREE FRIENDS OR FAMILY MEMBERS AND RECITE TALBIYYAH WITH THEM ALOUD

Who did you recite the talbiyyah with?

_____ _____ _____

Very soon you will be reaching the sacred masjid.
Think of the duas you will make their and how you will benefit from grandma's advice.

ALHAMDOLILLAH! YOU REACHED HAREM SHAREEF

What dua are you going to make when you see the Kaaba?

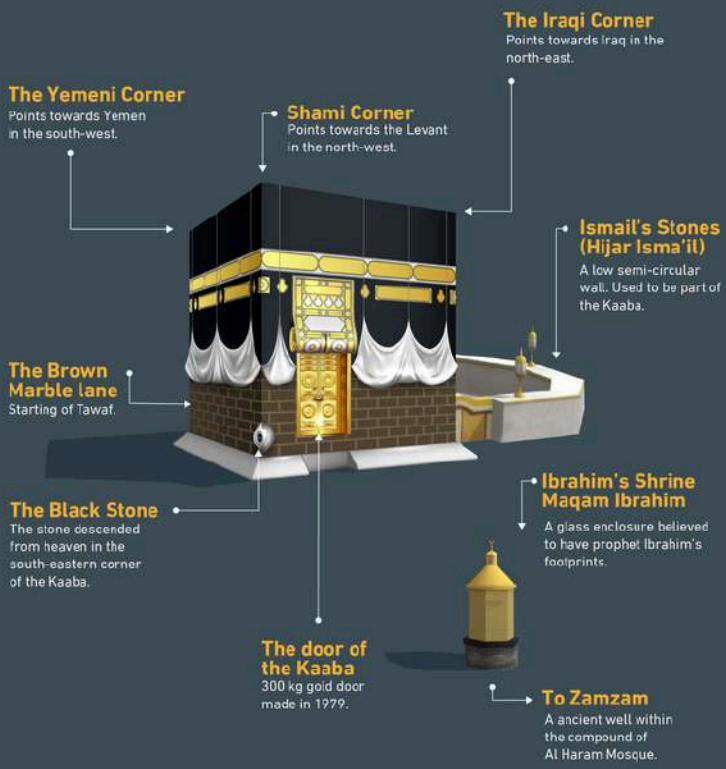
_____

_____

_____

_____

DO YOU KNOW ABOUT THE PARTS OF KAABA?



READY FOR A FUN VIDEO? SCAN THE QR CODE!

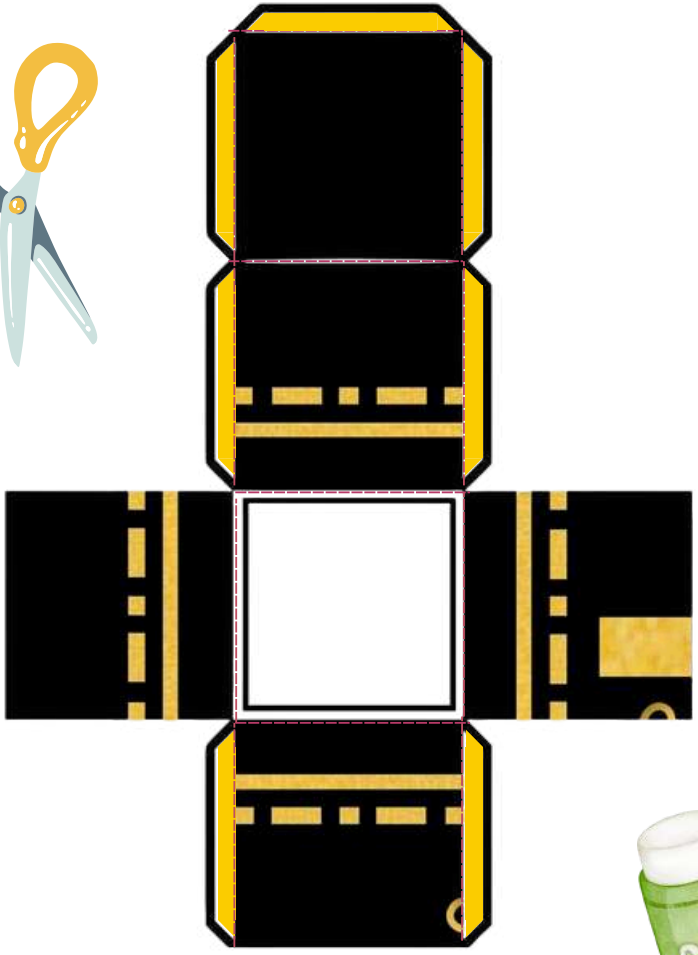
ANAS AND EMMA SEE PEOPLE'S LOVE FOR QURAN & DUA

When Anas and Emma entered Harem. They saw many people reading the Quran and making duas. Help them save this memory by completing the drawing below.

MAKE A KAABA MODEL

(scissor and glue activity)

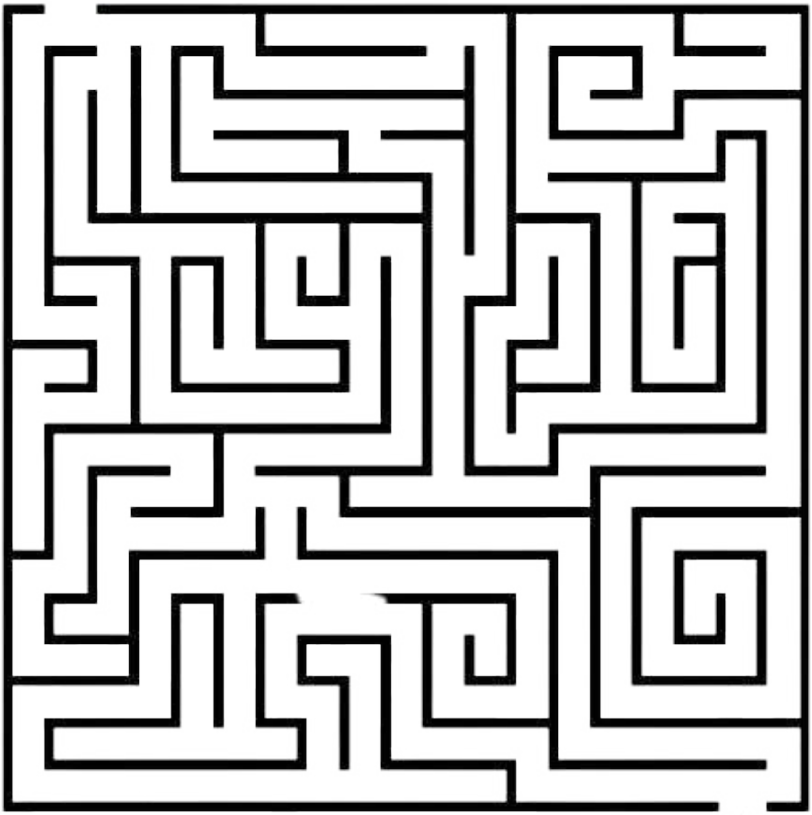
Cut out the following, fold at grey lines and apply glue on yellow strips. Once the model is made, explain the different parts of it to a sibling, parent, or a friend.



I explained the parts of Kaaba to: _____

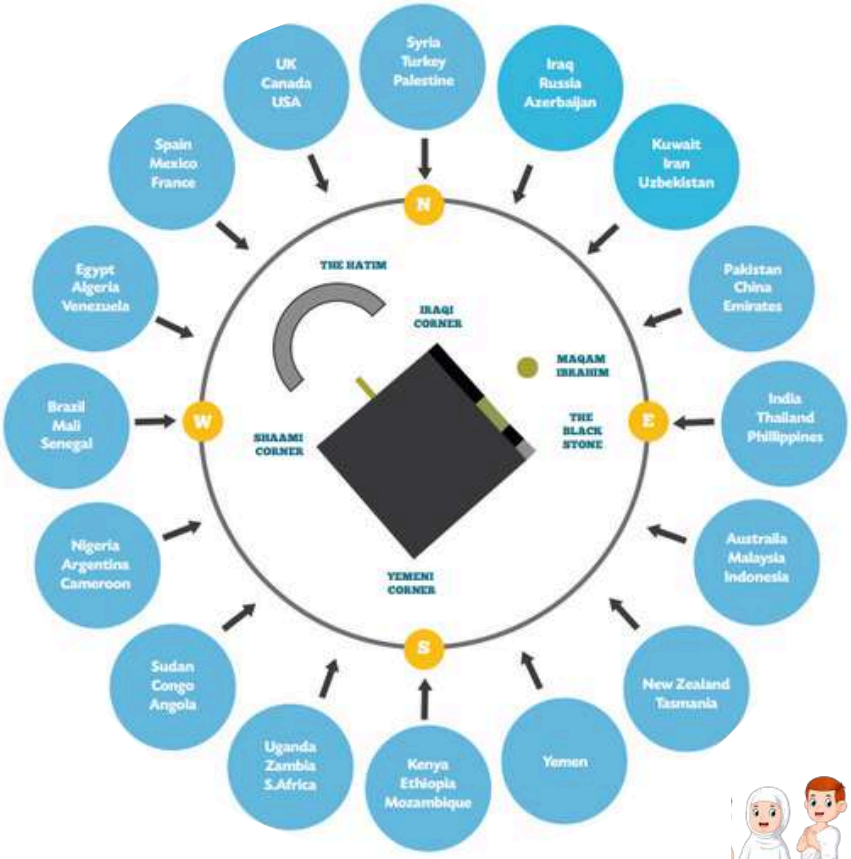
Page intentionally left blank due to the cut out activity at the back.

SOLVE THE MAZE AND FIND KAABA



WHICH PART OF THE KA'ABA DO YOU PRAY TOWARDS FROM YOUR HOME?

Have a look at the map and circle your country or the one close to it from the list given below.



Go to the part of the Ka'aba that you face towards and say to it: "O Ka'aba, please be my witness on the day of judgement that I, _____, prayer towards you as my Prophet PBUH taught me to.

LET'S DO THE TAWAF

On the next sheet, mark seven counterclockwise circuits of tawaf, starting at Al-Hajr Al-Aswad. Learn and recite the dua below as you complete them.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

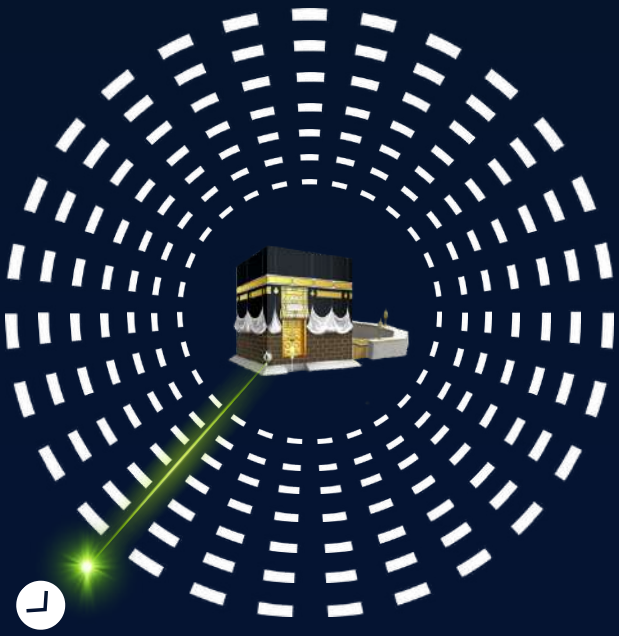
TRANSLITERATION

Rabbanaa aatinaa fid-dunyaa hasanatan wa fil-aakhirati hasanatan wa qinaa ‘adhaaban-naar.

TRANSLATION:

“Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.”

DRAW THE TAWAF CIRCUITS AND MAKE DUA



After completing Tawaf, you should pray two rak'ahs either behind the Maqam Ibrahim عليه السلام or – if it is too busy – then anywhere in al-Masjid al-Haram.

☐ I prayed behind Maqam Ibrahim

Do you know about Ibrahim A.S., the one who stood on maqam ibrahim to build ka'aba alongwith his son?

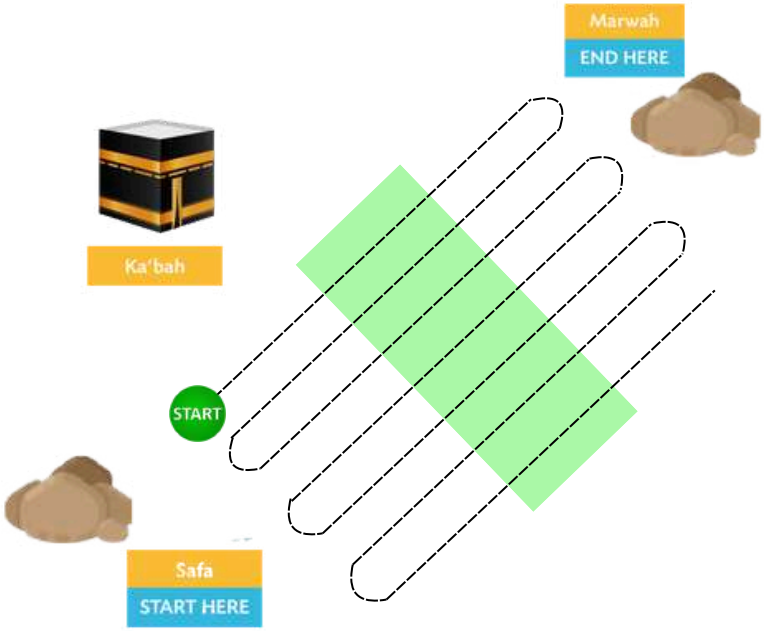
Click the QR code to know more!

NEXT YOUR DRINK ZAMZAM AND MAKE DUA

Make dua when drinking Zam Zam for it is accepted.

LET'S DO SA'I NOW

Trace the Sai and answer the question below:



You can seek help from your parents or others in your group about the questions below:

Whose act do we remember when we do Sai?

What do pilgrims do in the area in green and why?

From where the first round is started and where does the last round end?

LAST STEP - SHAVING OR TRIMMING

Which one did you do?

☐ I got my head shaved

☐ I got my hair trimmed

☐ We trimmed my hair myself

FIND THE WORDS

Find the following words in the puzzle.

Words are hidden ↓ and ↑ .

- MUZDALIFA
- MADINAH
- MAKKAH
- ARAFAT
- UMRAH
- KAABA
- QURAN
- HAJJ
- MINA
- HIRA

M	E	P	X	V	G	E	R	R	U	F	Z
A	M	I	N	A	I	C	P	Q	A	J	U
D	M	A	K	K	A	H	F	U	R	H	M
I	O	G	J	B	C	F	E	R	A	I	R
N	F	B	A	H	A	J	J	A	F	R	A
A	K	A	A	B	A	C	E	N	A	A	H
H	I	S	L	O	V	E	R	U	T	T	U
M	U	Z	D	A	L	I	F	A	D	A	X

TIME TO SEE SOME HISTORICAL SITES (ZIYARAT)

Mum gave the exciting news to Emma and Anas: Kids, Guess what! Today we are going to visit several places where the Prophet PBUH himself went. Let's follow his blessed footsteps and do the Ziyarat of those places in sha Allah!

Emma and Anas's excitement was over the roof. They immediately get on to the bus that was waiting for them and their group mates to take them to Ziyaraat.

YOUR LEARNING FROM ZIYARAAT IN MAKKAH

Jannat ul Mualla

What did you learn about it?

Mina

What did you learn about it?

Muzdalifa

What did you learn about it?

Arafat

What did you learn about it?

YOUR LEARNING FROM ZIYARAAT IN MAKKAH

Jamaraat

What did you learn about it?

Cave of Hira

What did you learn about it?

Masjid Khayf

What did you learn about it?

Masjid Ayesha

What did you learn about it?

Congratulations for completing the Umrah. Let's now go to Madinah and express our love to our Prophet PBUH.

WHICH WAY IS MADINAH?

Identify the road leading to Madinah and color it.

RECORD YOUR PRAYERS IN MADINATUN NABI PBUH

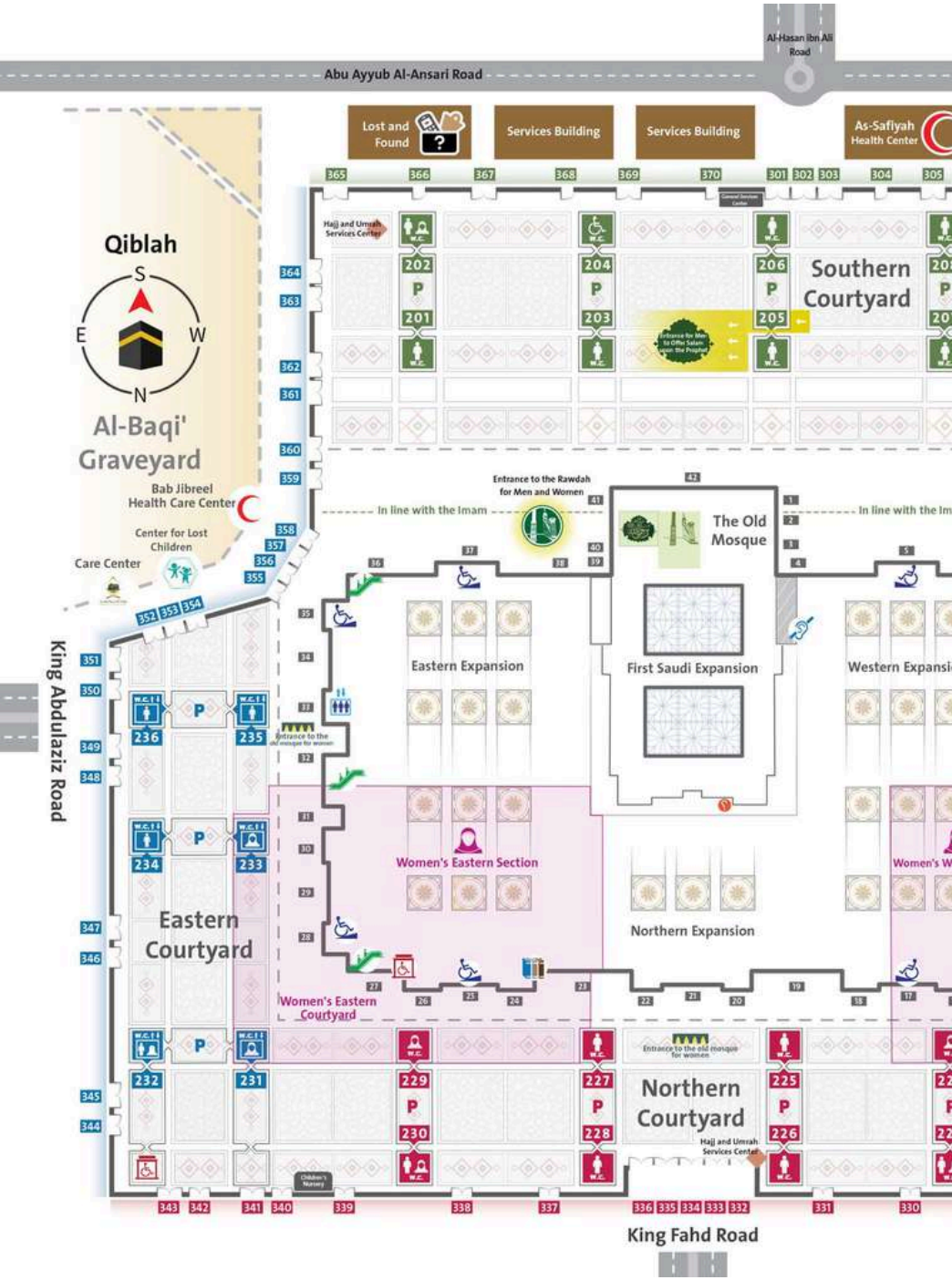
FRIDAY	○	○	○	○	○
SATURDAY	○	○	○	○	○
SUNDAY	○	○	○	○	○
MONDAY	○	○	○	○	○
TUESDAY	○	○	○	○	○
WEDNESDAY	○	○	○	○	○
THURSDAY	○	○	○	○	○
FRIDAY	○	○	○	○	○
SATURDAY	○	○	○	○	○
SUNDAY	○	○	○	○	○
MONDAY	○	○	○	○	○
TUESDAY	○	○	○	○	○
WEDNESDAY	○	○	○	○	○
THURSDAY	○	○	○	○	○
FRIDAY	○	○	○	○	○
SATURDAY	○	○	○	○	○
SUNDAY	○	○	○	○	○
MONDAY	○	○	○	○	○
TUESDAY	○	○	○	○	○

ANAS FINDS A MAP OF AL-MASJID AN-NABAWI

He is incredibly happy about it and calls her sister.

Hey Emma, See what I found. This is a map of Prophet's masjid. It gives the location of all gates and also points out the location of other important areas.

This is awesome! We can help people with it! But Mama said the map changes, so let's check it first. I'm so excited!


Al-Hasan ibn Ali Road
Abu Ayyub Al-Ansari Road
Lost and Found
Services Building
Services Building
As-Safiyah Health Center
Qiblah
S
E
W
N
Al-Baqi' Graveyard
Bab Jibreel Health Care Center
Center for Lost Children
Care Center
Hajj and Umrah Services Center
Southern Courtyard
Entrance for Men to Offer Salam upon the Prophet
Entrance to the Rawdah for Men and Women
In line with the Imam
The Old Mosque
Eastern Expansion
First Saudi Expansion
Western Expansi
Entrance to the old mosque for women
Women's Eastern Section
Northern Expansion
Eastern Courtyard
Women's Eastern Courtyard
Entrance to the old mosque for women
Northern Courtyard
Hajj and Umrah Services Center
Children's Nursery
King Abdulaziz Road
King Fahd Road

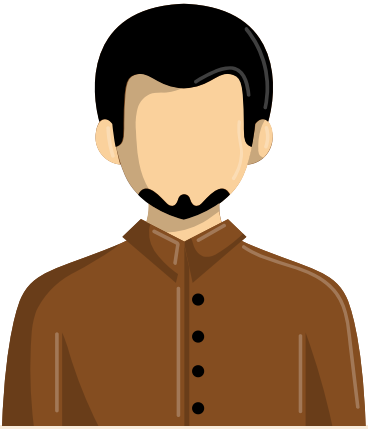
Map of Al-Masjid An-Nabawi and Surrounding Courtyards
المسجد النبوي
Colors of the sides
Southwest
South
West
East
North
Entrance to Rawdah for Men and Women
Rawdah
Entrance to Offer Salam upon the Prophet
Visitation entrance
Zamzam Filling Location
Women's Restrooms
W.C.
Men's Restrooms
W.C.
Escalator
Wheelchair Access
Lost and Found
Library of Al-Masjid An-Nabawi
Wheelchair Distribution Location
Restrooms for People with Special Needs
W.C.
Elevator to the Roof
Prayer Area for People with Speech and Hearing Impairments, Western Roof
Underground Parking
P
Health Care Centre
Hajj and Umrah Services Center
Care Center
Center for Lost Children
الخريطة باللغات
Multilingual Maps
مختلف زبانوں میں نقشہ
Quba Avenue
Al-Ghamama Mosque
Abu Bakr As-Siddiq Mosque
General Authority Building
Mosque Ali ibn Abi Talib
As-Salam Road
As-Salam Museum
Western Courtyard of the Third Saudi Expansion
Saqifah Bani Sa'idah
International Museum of the Prophet's Biography
The Prophet's Mosque Expansion Exhibition
Zamzam Filling Location
Western Courtyard
Women's Western Courtyard
Library of al-Masjid An-Nabawi
General Services Center
305
306
307
308
309
310
311
312
313
314
315
316
317
318
319
320
321
322
323
324
325
326
327
328
329
208
207
210
209
211
212
213
214
215
216
217
218
223
224
221
222
219
220

Salam Emma, we have heard that there are some women-only areas of the masjid. Can you tell us any gates closest to them?

Salam Anas, My hotel is on As-Salam Road. This is the road from where I can see the Rawdah from a distance. Can you please tell me any masjid gates near that?

Salam kids, We are looking for Saqifah Bani Sa'idah - the place where companions pledged allegiance to Abu Bakr R.A. as caliph. Which gates are near that area please?

Our daughter has got sick. Can you please point us the gates that have hospitals near them?



I intend to visit the Al-Baqi graveyard. Which doors of the masjid are near that please?

Our group wishes to spend some time sitting in front of Rawda in the masjid courtyard. Can you please guide us regarding any doors that are closest to it?

YOUR LEARNING FROM ZIYARAAT IN MADINA

Salam at Rawda

What did you learn about it?

Jannat ul Baqee Graveyard

What did you learn about it?

Masjid Quba

What did you learn about it?

Masjid Jumuah

What did you learn about it?

YOUR LEARNING FROM ZIYARAAT IN MADINA

Uhud

What did you learn about it?

Masjid Qiblatayn

What did you learn about it?

Masjid Fath and Sab'a Masajid

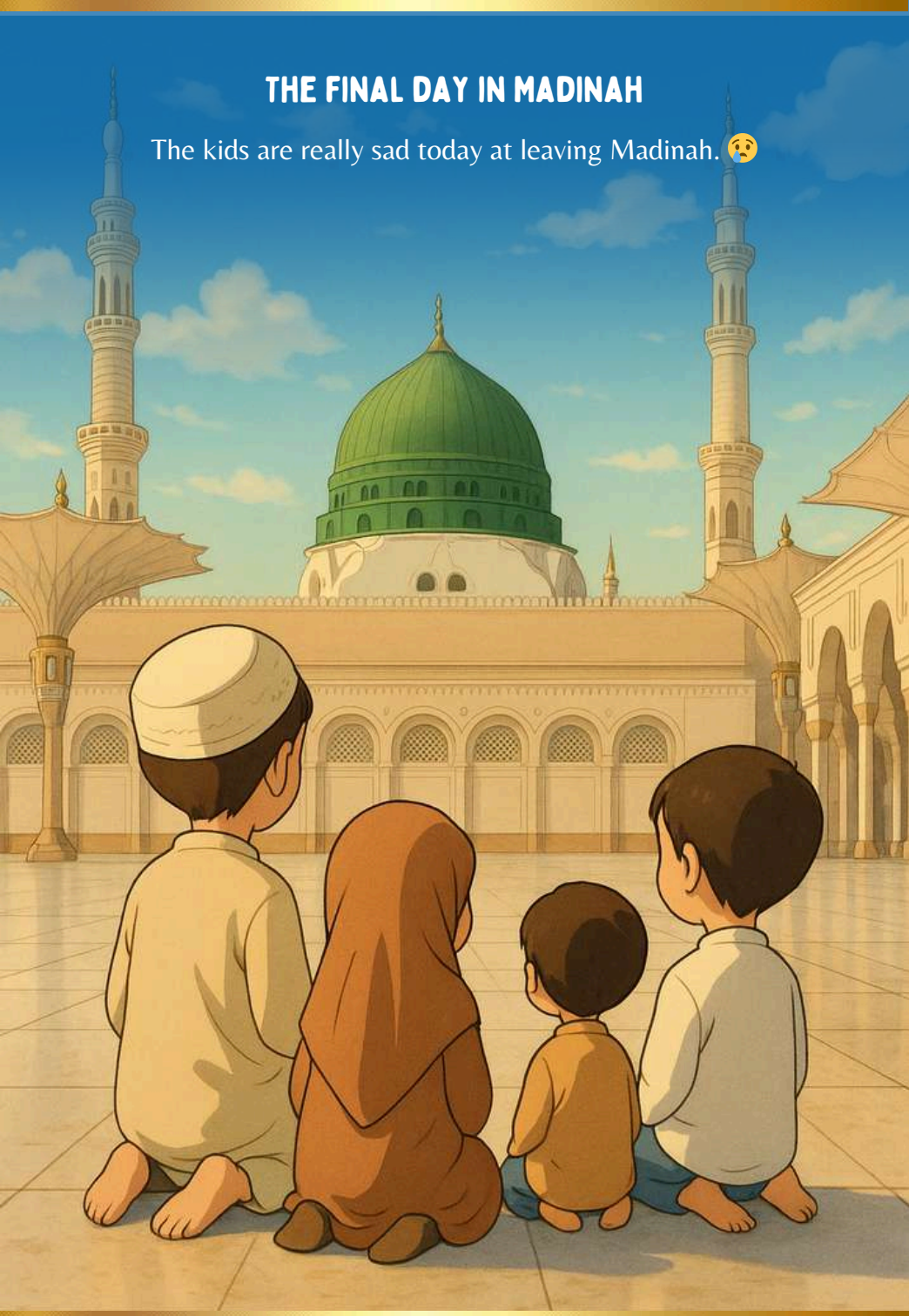
What did you learn about it?

Masjid Ghamama

What did you learn about it?

THE FINAL DAY IN MADINAH

The kids are really sad today at leaving Madinah. 😢



THEIR FAMILY MADE A HEARTFELT DUA BEFORE LEAVING FOR AIRPORT.
O Allah, please enable us to come to the holy lands again and gain.

ICAN SAMA-O-BASR